Remote Viewing Practicum Residential Retreat

2002 Website Program Description

The **Remote Viewing Practicum** is a specialized program designed for those who have completed The Monroe Institute's Gateway Voyage program.

Remote Viewing is a perceptual skill that enables an individual to acquire and describe information about people, objects, places, or events. This information is perceived psychically and is seemingly separated from the "viewer" and his or her physical senses by distance, shielding, or time. Work at the Institute suggests that through the experience of remote viewing, one discovers that he or she is truly more than a physical body and consciously recognizes his or her true nature as a conscious, spiritual being.

In recent years, the disclosure that a secret U.S. government remote-viewing surveillance program existed during the Cold War era has increased public awareness of remote viewing as an innate human ability. In the early 1980s, Robert Monroe's patented Hemi-Sync audio-guidance technique was used by government remote viewers who found that this training process enhanced their skills.

When Monroe's basic blueprint was incorporated with five behaviors common to successful remote viewers - relaxing, connecting, listening, becoming aware, and reporting - performance consistency improved. And because the Hemi-Sync process did not encourage dependence, with practice remote viewers could learn to willfully and reliably enter propitious levels of consciousness without the aid of the Hemi-Sync sound technology. Over twenty years later, this unique performance-boosting training is finally being offered as a practicum for graduates of the Institute's Gateway Voyage program.

F. Holmes "Skip" Atwater, Research Director at The Monroe Institute, is the primary trainer of the **Remote Viewing Practicum**. Years ago, Skip was the Operations and Training Officer for the U.S. Army Intelligence remote-viewing surveillance program. He worked closely with the scientific efforts of SRI International and trained career- minded professional intelligence personnel to remote view. He then used these highly skilled psychic spies to assess the security threat posed by a hostile government's exploitation of remote-viewing surveillance and planned, conducted, and reported thousands of remote viewing intelligence-collection missions for a variety of US intelligence agencies.

Using the Hemi-Sync signals and procedures from the work Bob Monroe did with talented remote viewers in the secret U.S. government project, this practicum is designed for the now growing number of remote viewers in the 21st Century. The program employs a team concept, a monitor/interviewer, a remote viewer, and a judge and each program participant learns these different roles. The Hemi-Sync exercises include:

- RV-10 - letting go and turning inward, a critical first step in remote viewing,
- RV-12 - connecting and listening,
- RV-15 - becoming aware, a crucial juncture for the remote viewer, and
- RV-21 - space/time transcendence.